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alzheimer's association

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Sunday, November 9

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alz.org/WALK

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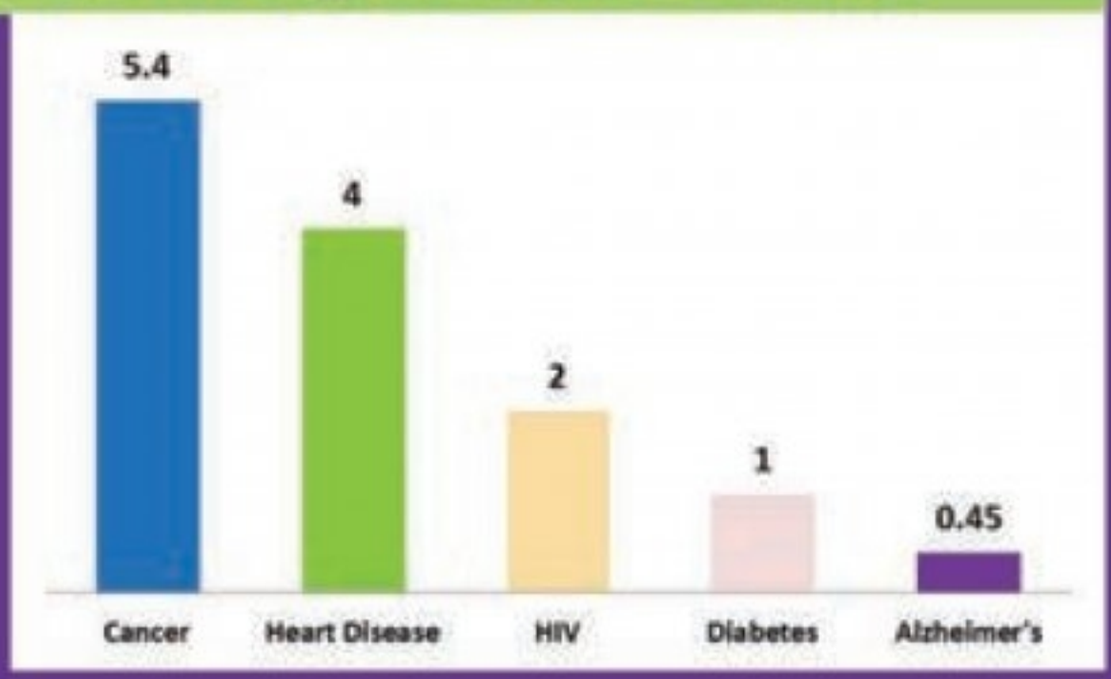
The Impact of Alzheimer's

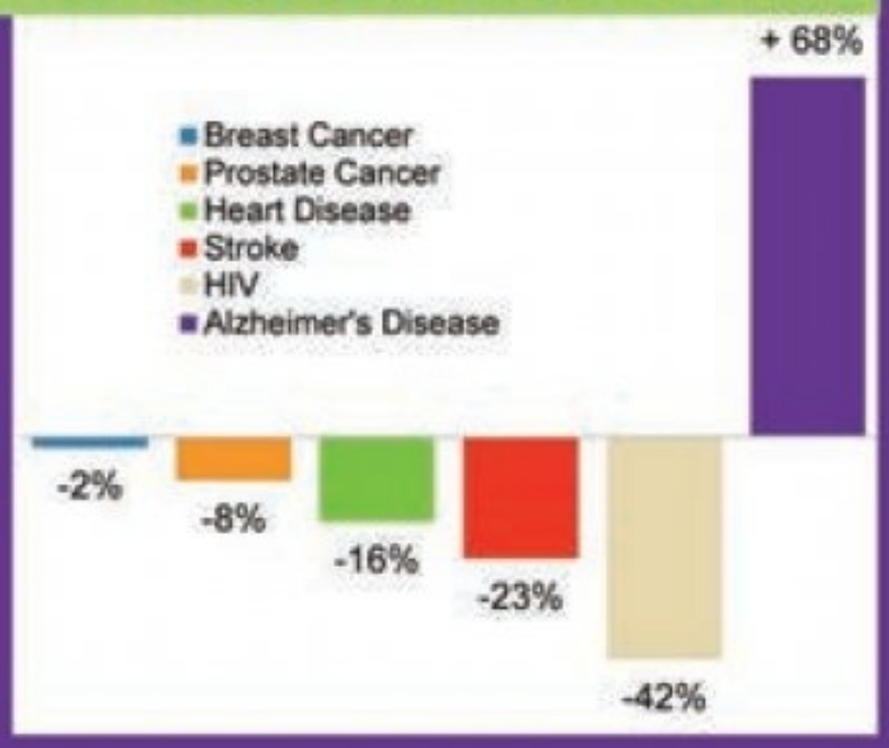
1

For every $27,000 Medicare & Medicaid spend on Alzheimer's care, the National Institutes of Health spends just $100 on Alzheimer's research.

2013 Research Funding (in billions of dollars)



Change in Number of Deaths: 2000 - 2010



2

Alzheimer's, the nation's sixth-leading cause of death, kills more people than breast cancer and prostate cancer combined.

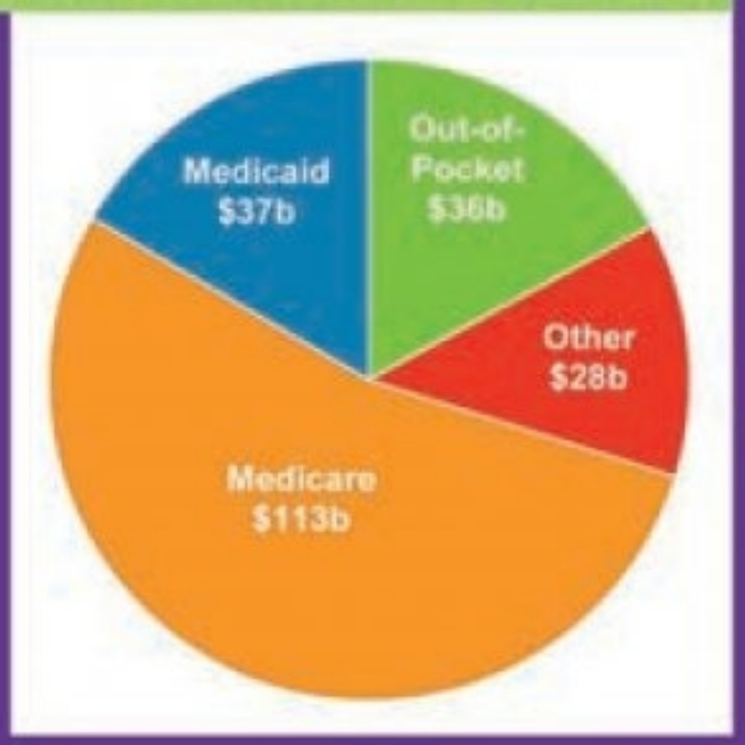
As deaths from other top-10 deadly diseases shrink, deaths from Alzheimer's grow.

3

Alzheimer's is the nation's costliest condition, at $214 billion.

Without a major medical breakthrough, costs are projected to skyrocket to $1.2 trillion by 2050.

2014 Costs of Alzheimer's (in billions of dollars)



Source: Alzheimer's Association *Alzheimer's Disease 2014 Facts and Figures* report

To learn more about Alzheimer's, call our 24/7 Helpline, 800.272.3900, or visit: alz.org.delval.

www.metro.us

EMMA THOMPSON ON PETER RABBIT'S TRAIL

BELOVED BRITISH ACTRESS TAKES ON BELOVED CHILDREN'S TALE. PAGE 24

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PHILADELPHIA'S #1 DAILY NEWSPAPER

Tuesday, September 30, 2014 www.metro.us | t: MetroPhilly | f: MetroPhilly

COMMUNITY.

FLAGSHIP LA COLOMBE NOW OPEN PAGE 02

A barista prepares a drink as La Colombe opened its new headquarters in Fishtown, featuring a full menu and its coffee and distilled offerings. / CHARLES MOSTOLLER, METRO

Philly Zoo worker dies when golf cart falls

Accident. A 59-year-old mechanic was killed Monday when a golf cart he was allegedly working on fell on him. Zoo officials called him a "beloved employee." PAGE 02

Rape charges dropped for 'hero cop'

PAGE 06

Lykke Li grows up in the span of three albums

PAGE 19

ARE YOUR CHILDREN'S TEETH REALLY HEALTHY?

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1 NEWS

Local tweet

"Okay, that Philly Coffee and Tea Festival is legit 20 minutes away from my parents' house. I may just. Have to go. For reasons."

Easy, @leratherussian, the festival isn't until Nov. 8-9. In the meantime, Drink some chamomile.

Top 3

What's trending online at Metro.us

1 'VIDEO: You need to listen to Aretha Franklin singing Adele's "Rolling in the Deep"

2 'VIDEO: Watch Jimmy Fallon sing "Duke of Earl" with Robert Plant'

3 'VIDEO: Steven Souza's diving catch was highlight of Jordan Zimmermann's no-hitter'

Chef Taryn Goodman prepares a plate as La Colombe opened its new flagship headquarters in Fishtown. / CHARLES MOSTOLLER, METRO

Doors unlocked at new La Colombe

Fishtown. A new cafe and bakery could be the stepping stone to La Colombe going national.

A year after plans were unveiled and after years of dreaming, the flagship location of La Colombe was opened to the public on Monday with little to-do.

Co-founder J.P. Iberti just unlocked the door around 7 a.m. Monday — and customers started pouring in.

"Look at this space!" Iberti said in between bussing plates and chatting with customers. "It was a cave when we got it."

The 11,000-square-foot cafe at Frankford Avenue and Master Street is almost completely lit by a massive window facing the street.

Toward the back are La Colombe's new corporate offices, a distillery for La Colombe's aged rum and an area for educational classes about coffee.

On the menu are hot sandwiches, breads, salads, tartines and La Colombe's signature coffee. Coffee beans are for sale, as are bottles of rum, carafes, mugs, espresso makers and coffee grinders.

"It's all around coffee but the bakery is a big part," Iberti said. "We're not a restaurant. Before everything, we're a bakery and cafe. I want to do a few things extremely well."

As far as the announcement of plans for a nationwide expansion with 85 new locations made earlier this month, Iberti said those plans are still evolving but nothing is set in stone.

"It could be eight more, it could 80. It's not like baseball," Iberti said. "It's all about people. I enjoy retail, and we do it well, because we keep true to what we do."

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

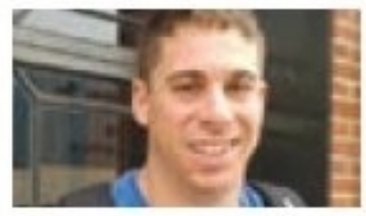
Visit **Metro.us** for more photos of the new Fishtown flagship store.

Kings of coffee

JP Iberti and Todd Carmichael founded La Colombe in Philly in 1994.

- They have locations here, New York, Chicago, D.C. and South Korea.

Quoted



"All we have is Dunkin' Donuts or Starbucks or prepared food stores around here. It's gonna be awesome to have fresh-baked bread."

Jason Petrasant, 30

"I think it's sweet, it's beautiful, I love the atmosphere."

Michelle Robinson, 30

West Philly. Zoo mechanic killed after golf cart falls on him

Zoo entrance / FILE PHOTO

A 59-year-old Philadelphia Zoo mechanic was killed Monday morning when a golf cart fell on him while he was working at the West Philadelphia wildlife park.

According to Officer Rhonda Bowens, a police spokeswoman, the golf cart fell on the employee at 11:08 a.m. He was taken to the Hospital of the University of Pennsylvania and was pronounced dead at 11:44 a.m.

Dana Lombardo, Zoo spokeswoman, said she believes "one of his team members came to the area and discovered him."

Officials are not sure how the incident occurred, but Lombardo said that because of his job, "one of his duties was to fix the carts."

Lombardo added that he was found "kind of in a garage that's out of the public view."

The mechanic, who joined the zoo in March 2000, was married, but Lombardo said she isn't sure if he had any children. **TOMMY ROWAN**

Quoted

"He was a beloved employee. ... It's a sad day for us here." Lombardo

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- Be 18 to 55 years of age
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- Be available for overnight stays at the study clinic

Insurance is not required to participate and transportation is available.

Those who qualify receive study-related care and study medications at no cost.

Compensation up to $1,725 may be provided for time spent in the research study.

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Doylestown

Sportscaster Don Tollefson pleads guilty to fraud

Former Philadelphia sportscaster Don Tollefson pleaded guilty Monday to ripping off travel groups of more than $300,000.

According to The Doylestown Intelligencer, 62-year-old Tollefson collected money from about 200 people allegedly for various charities or in exchange for sports-trip packages, but pocketed most of the funds instead.

Tollefson could serve to up to 37 years in jail, according to the newspaper.

Tollefson told a Bucks County judge in Doylestown that he has struggled with mental illness, alcoholism and drug abuse for the majority of his adult life, the newspaper reported. **METRO**

Kensington fire kills 18-year-old man

A woman cries, right, at the scene of a fire, above, that broke out early Monday morning on the 2700 block of Helen Street in Kensington where a teenage father was killed. Reports say the deceased is 18-year-old Christian Rivera, who had spent the day on Sunday at Puerto Rican Day festivities with his 18-month-old son Avion. The cause of the fire is under investigation.

CHARLES MOSTOLLER, METRO

Logan. Police seek 'person of interest' in mom-to-be's murder

Police are seeking a "person of interest" in the death of a pregnant woman last week, in what may have been retaliation for an earlier murder outside a Popeye's restaurant.

Jasmine Williams, 25, who was 8 months pregnant, was fatally shot around 1 a.m. on Sept. 24 while outside a deli at 20th and Nedro streets in Logan. Her baby was delivered but died an hour later.

It was the second double murder of a pregnant woman and her unborn child in two weeks in Philadelphia.

Williams' boyfriend, Kord Rozier, 26, was also shot and critically injured during the same shooting.

Police said Monday that Rozier has been charged with murder for the death of Kenneth Woods, 42, who was fatally shot outside a Popeye's at Broad Street and Hunting Park Avenue just nine hours before Williams died.

Markese Martin / PPD

Megan Jones, 20, of Blue Bell, Pennsylvania, was arrested last week and also charged with Woods' murder.

Police are now seeking, Markese Martin, 25, wanted for Woods' death and considered a "person of interest" in Williams's death.

Tipsters can call 215-686-3068, 215-686-3334 or 911. **SAM NEWHOUSE**

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$274/Month
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$288/Month
2010 Ford Mustang Convertible

$298/Month
2007 Mercedes E350 4MATIC

$199/Month
2006 BMW X5 AWD

$277/Month
2014 Chevy Cruze LT

$500 Down

$289/Month
2012 Hyundai Sonata Turbo

$299/Month
2013 Chevy Malibu LTZ

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Ruling. DA drops rape charges against 'hero cop' DeCoatsworth

The District Attorney's office announced Monday that rape charges against former police officer Richard DeCoatsworth were dropped.

DeCoatsworth was arrested after a standoff with police in May 2013 and charged with raping and drugging two alleged prostitutes. The now 28-year-old was deemed a hero in 2007, when, as a rookie, he hunted down a suspect after suffering a gunshot wound to the face.

DeCoatsworth was originally charged with indecent deviant sexual intercourse and sexual assault, among other charges.

"After an intense follow-up investigation by the DA's office it was determined there was not enough evidence to proceed to trial with the trafficking and sex crime charges against this defendant," according to a news release. "The Commonwealth will still proceed with the defendant's remaining domestic violence charges.

The domestic charges stem from an alleged incident involving his girlfriend.

DeCoatsworth retired from the force at the end of 2011. TOMMY ROWAN

Background

In 2009, DeCoatsworth sat with First Lady Michelle Obama during President Obama's first State of the Union address.

- DeCoatsworth originally pleaded guilty to drug possession, promoting prostitution and assault, but withdrew that plea in April.

From 'Blight to Bright': Outlining a rejuvenation plan

L&I Commissioner Carlton Williams and City Councilwoman Maria Quinones-Sanchez spoke Monday at an event hosted by the Housing Alliance of Pennsylvania discussing a new report, "Blight to Bright," which aims to rejuvenate blighted neighborhoods in the city and other parts of Southeastern Pennsylvania. / CHARLES MOSTOLLER, METRO

Pennsylvania

Voting registration deadline Oct. 6

The deadline for Pennsylvania voters to register for the Nov. 4 general election is fast approaching.

Oct. 6 is the last day to register to participate in the highly contested races for governor, lieutenant governor, U.S. House of Representatives, state House and Senate. METRO

South Philly

Kids hurt in school bus crash

Five children were brought to Children's Hospital of Philadelphia Monday after a crash around 4:45 p.m. at 15th and Passyunk.

The bus had 28 children on board, but the ones brought to the hospital had minor injuries. The cause was under investigation at press time. METRO

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Annual Public Notice of Special Education Services and Programs, Services for Gifted Students, and Services for Protected Handicapped Students

The Philadelphia Public Schools and the Philadelphia Intermediate Unit (IU26) provide special education and related services to resident children with disabilities who are ages three through twenty-one. The purpose of this notice is to describe (1) the types of disabilities that might qualify the child for such programs and services, (2) the special education program and related services that are available, (3) the process by which the public schools screen and evaluate such students to determine eligibility, and (4) the special rights that pertain to such children and their parents or legal guardians.

CHILDREN SERVED IN SPECIAL EDUCATION PROGRAMS

Special education services are available to children who have one or more of the following physical or mental disabilities:

• autism • deaf/blindness • emotional disturbance • hearing impairment, including deafness • mental retardation • multiple disabilities • orthopedic impairment • other health impairment • specific learning disability • speech or language impairment • traumatic brain injury; and • visual impairment, including blindness • developmental delay (in the case of a pre- school child)

DESCRIPTION OF SPECIAL EDUCATION PROGRAMS

The Public Schools/IU26 provide appropriate special education programs and related services that are:

• provided at no cost to parents; • provided under the authority of a school entity, directly, by referral or by contract; • individualized to meet the educational needs of the child; • reasonably calculated to yield meaningful educational benefit and progress and designed to conform to an Individual Education Program.

Special education is designed to meet the needs of each eligible student, including specifically designed instruction conducted in the classroom, home, community settings, hospitals, institutions and other settings.

Related services are available to students include transportation, corrective and other supportive services that help an eligible student benefit from special education. Examples include: speech pathology and audiology, psychological services, physical and occupational therapy, social work services, school health services, medical services for diagnosis or evaluation, parent counseling and education, recreation counseling services, rehabilitation counseling services and assistive technology services.

REFERRAL OF CHILDREN FOR SCREENING AND EVALUATION

The Public Schools/IU26 has procedures to identify children needing special education. Those procedures are "screening" and "evaluation." If a disability is suspected, teachers, other school personnel or parents may refer a child for screening and/or evaluation. Parents suspecting that a child may have a disability and need special education can request a screening or evaluation at any time by contacting their school principal. Screening activities include: reviewing immediately available data sources such as health records, parent interview and history; functional vision and hearing evaluations; determining the student's response to attempted remediation; and speech and language screenings are completed on request. If the screening leads to a recommendation for evaluation, the evaluation team will conduct the evaluations. No evaluations may be conducted without written parental permission. Consult your school counselor for further information.

State and federal law affords many rights and protections to children with disabilities and their parents. A summary of this rights and protections follows. Interested persons may obtain a complete written summary of the rights and protections afforded by the law, together with information about free of low cost legal services and advice, by contacting the special education coordinator or principal of the local public school.

RIGHTS AND PROTECTIONS

Prior Written Notice: The public school must notify you in writing whenever it proposes to initiate or to change the identification, evaluation, educational program or placement of a child or whenever it refuses to initiate or make a change in identification, evaluation, educational program, or placement requested by a parent. Such notice must be accompanied by a written description of the reasons for the proposal or refusal, the options considered, if any, and the reason why such options were rejected.

Consent: The public school cannot proceed with an evaluation or with the initial provision of special education and related services without the written consent of the parent. A public school may not seek a hearing to override the refusal of a parental consent to an initial placement in special education. A public school may override the lack of consent for an initial evaluation by requesting the approval of an impartial hearing officer of judge following a hearing. If the parent fails to respond to a written request for permission to revaluate, however, the public school may proceed the proposed revaluation without consent.

Protection in Evaluation Procedure: Evaluations to determine eligibility and current need for special education and related services must be administered in a manner that is free of racial, cultural, or linguistic bias. Evaluations cannot consist of a single test or assessment and testing must be a valid measure of the psychological, social, emotional or other learning characteristic or behavior that the school is using it to measure. Testing and assessment must be administered in accordance with professional standards and the criteria established by the publisher. It must be administered in the native language of the child.

Confidentiality: The records and documents that are part of the evaluation and screening process are confidential and protected under the Family Educational Rights and Privacy Act (FERPA). School districts, intermediate units, and charter schools maintain records concerning all children enrolled in the school, including students with disabilities. All records are maintained in the strictest confidentiality. Your consent, or consent of an eligible child who has reached the age of majority under State law, must be obtained before personally identifiable information is released, except as permitted under FERPA. The age of majority in Pennsylvania is 21. Each participating agency must protect the confidentiality of personally identifiable information at collection, storage, disclosure, and destruction stages. One official at each participating agency must assume responsibility for ensuring the confidentiality of any personally identifiable information. Each participating agency must maintain, for public inspection, a current listing of the names and positions of those employees who have access to personally identifiable information. For additional information related to student records, the parent can refer to FERPA. This notice is only a summary of the Special Education services, evaluation and screening activities, and rights and protections pertaining to children with disabilities, children thought to be disabled, and their parents. For more information or to request evaluation or screening of a public or private school child contact the responsible school entity listed below. For preschool age children (ages 3-5), information, screenings and evaluations requested, may be obtained by contacting Elwyn SEEDS at 215-222-8054.

MORE INFORMATION

Detailed printed information about available special education services and programs and Philadelphia/IU26 policies are available from the School District/IU26 upon request. Anyone interested should contact the principal of the child's school. Information and communications are in English, but will be provided in the native language or other modes of communication used by parents, if appropriate.

More information can also be found on the School District of Philadelphia's website: http://webgui.phila.k12.pa.us/offices/oss/annualnotice.html

Office of Specialized Services (OSS) 440 North Broad Street, 2nd Floor Philadelphia, PA 19130 Main office phone: 215-400-4170 Fax: 215-400-4175 Parent Hotline: 267-784-9274	**Charter School Office** Email: charters@philasd.org Main office phone: 215-400-4090	**PFRC, Learning Network 1** 2101 S. Broad Street Philadelphia, PA 19148 Phone: 215-952-6300	**PFRC, Learning Network 2** 3543 Fairmount Ave., Philadelphia, PA 19104 Phone: 215-823-5530 | Fax: 215-823-5535
PFRC, Learning Network 3 440 N. Broad Street, 1st floor, Philadelphia, PA 19130 Phone: 215-400-4180 | Fax: 215-400-4181	**PFRC, Learning Network 4** 2300 W. Cambria St, 2nd floor Room 22, Philadelphia, PA 19132 Phone: 215-227-2931	**PFRC, Learning Network 5** 2603 N. 5th Street, Philadelphia, PA 19133 Phone: 215-291-5620 | Fax: 215-291-5690	**PFRC, Learning Network 6** 1100 E. Mt. Pleasant Ave., Philadelphia, PA 19150 Phone: 215-248-6647 | Fax: 215-248-5100

PFRC, Learning Network 7 201 E. Olney Ave. (2nd FLR), Philadelphia, PA 19120 Phone: 215-456-0433 | Fax: 215-456-0434	**PFRC, Learning Network 8** 4101 Chalfont Drive, Philadelphia, PA 19154 Phone: 215-281-3623 | Fax: 215-281-2645

US Supreme Court.

High court to consider gay marriage cases

Gay marriage / GETTY IMAGES

Gay marriage

- Gay marriage is legal in 19 of the 50 U.S. states.
- Judges in 16 other states have issued pro-gay marriage rulings, most of which have struck down bans.
- The bans have remained intact while litigation continues.

The nine justices of the U.S. Supreme Court met behind closed doors on Monday to consider whether they should take up the hotly contested question of whether states can ban gay marriage.

The court has seven cases pending before it concerning bans in five states: Virginia, Utah, Oklahoma, Wisconsin and Indiana. If the court agrees to take one or more of the cases it has the chance to rule when, if ever, gay men and women in the 31 states that now bar them from marrying could get marriage licenses.

An announcement on whether the court will hear the same-sex marriage dispute could come later this week. But given the weight of the controversy and that the justices only in recent weeks received the petitions, an announcement could come at a later point. The court officially reconvenes next Monday for its new term, which runs until the end of June. REUTERS

Fence-jumper ran through main floor of the White House

Weapon. Officials said he was carrying a knife when he entered the executive mansion.

The man who breached security at the White House this month overpowered a Secret Service officer and ran through much of the main floor, penetrating farther into the building than previously disclosed, the Washington Post reported on Monday, citing three people familiar with the incident.

A Secret Service official who spoke on condition of anonymity said an alarm box near the front entrance of the White House had been muted, the Post said.

"The Secret Service has no comment on that at this time due to the ongoing investigation," Brian Leary, a spokesman for the agency, said of the Post story. A White House spokesman declined comment.

The suspect, Omar Gonzalez, 42, was charged with unlawfully entering a restricted building or grounds while carrying a deadly or dangerous weapon.

Gonzalez, a decorated Iraq War veteran, had been arrested in July with a sniper rifle and a map on which the executive mansion was marked, the prosecutor said.

The Post said Gonzalez ran past a guard immediately inside the door, past the stairway leading up to the Obama family's living quarters and into the East Room, where he was tackled at the far end of the room by an agent. REUTERS

A member of the Secret Service's countersniper team looks out from the roof of the North Portico of the White House. / GETTY IMAGES

Rounds of ammo

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A prosecutor said in court last week that officers found more than 800 rounds of ammunition, two hatchets and a machete in Gonzalez's car.

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Oklahoma beheading suspect to be formally charged with murder

Police. A Facebook page for Nolen, under his Muslim name Jah'Keem Yisrael, had anti-American comments.

Oklahoma plans to file a murder charge against Alton Nolen, who is suspected of beheading a former co-worker at a food distribution center last week, officials said.

The FBI is also looking into Nolen's background for any potential religious ties to the attack after former colleagues said he had attempted to convert them to Islam. Police said Nolen had recently become a Muslim.

Alton Nolen
LOGAN COUNTY SHERIFF'S OFFICE

Nolen, 30, is suspected of attacking two women shortly after being fired on Thursday at Vaughan Foods in Moore, a suburb of Oklahoma City, police said.

Police said he stabbed and then severed the head of 54-year-old Colleen Hufford and attacked 43-year-old Traci Johnson before being shot by Mark Vaughan, the company's chief operating officer who is also a sheriff's deputy.

Alton Nolen underwent surgery at a local hospital after being shot and was expected to survive, Moore Police said.

Nolen had a nonviolent criminal record, including drug-related arrests, a jail escape and resisting police, authorities said. REUTERS

Quoted

"I want to apologize to both families, because this is not Alton."

Joyce Nolen, Alton's mother said in a Facebook posting

Today's winner

To enter your submission for the Metro Photo Challenge to win $5,000 cash prize, go to **www.metrophotochallenge.com.**

'Smile More'

Lindsey Fulmer, Union City, New Jersey. Category: Urban Escape

Wildfires

Arsonist suspected in up to 23 blazes

A suspected arsonist operating in Washington state is believed to have ignited nearly two dozen fires in three weeks, destroying two homes and burning parched grassland amid a destructive wildfire season, officials said on Monday.

The 23 fires set since Sept. 9 outside Spokane, Washington's second-largest city, have been mostly confined to the same area of south Spokane County, home to more than 20,000 people in eastern Washington, authorities said. REUTERS

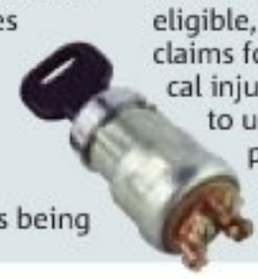
Auto industry

Number of deaths linked to GM ignition defect rises

The number of deaths linked to a faulty ignition switch in General Motors cars rose by two last week to 23, according to a report Monday from the lawyer overseeing a program set up to compensate accident victims.

Since Aug. 1, 867 claims for compensation for serious injuries or deaths said to have been caused by the switch had been received by the program, which is being overseen by lawyer Kenneth Feinberg. That is up from 850 last week.

As of Friday, 23 death claims had been deemed eligible, as well as 16 claims for serious physical injuries, according to updated statistics provided by Feinberg's office. REUTERS



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A military helicopter leaves a temporary landing site for a rescue mission on Mount Ontake in Otaki, Nagano prefecture. / GETTY IMAGES

At least 36 dead on Japanese volcano, search called off

Vibrations. Japan is one of the world's most seismically active nations.

At least 36 people are feared to have died after a Japanese volcano erupted without warning over the weekend, raining ash and stones on hikers. The search for victims was abandoned on Monday because of fears of toxic gases.

Rescuers at the peak of Mount Ontake, now an eerie moonscape under a thick layer of grey ash, on Monday found five more victims of Saturday's eruption at Japan's second-highest active volcano but authorities did not immediately confirm them as dead.

The eruption of the 10,062-foot peak, 125 miles west of Tokyo, took place as the hiking site was packed with climbers, including children, admiring autumn foliage under a brilliant blue sky.

Twelve people have been confirmed dead in Japan's first fatal volcanic eruption since 1991, and 63 have been injured, some with broken bones. Eight were missing, but officials said some of them could possibly be among those who perished. REUTERS

Rescuers
500
More than 500 rescuers had been combing the summit, ploughing through knee-deep ash and passing mountain lodges with holes punched in their roofs by rocks shot out of the volcano.

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A new clinical study has shown that the disease of TYPE II DIABETES CAN BEGIN TO BE REVERSED in as little as 1 WEEK!

A free guide has just been made available to Type II Diabetics detailing an approach that appears to be more powerful than any drug known to modern science. The free diabetic guide explains in plain English how many diabetics have been able to reduce and eliminate their drugs and insulin injections, lose weight without exercise, reduce and eliminate the risk for diabetic complications, restore pancreatic function, and even become non-diabetic.

The free guide also reveals rarely used diagnostic testing that is helping doctors understand potential causes of diabetes beyond weight gain, genetics and lack of exercise.

OMG! Jesus Crust: Seeing famous faces on a piece of your toast is 'completely normal'

Do you see faces in your food? Then you have been gifted with pareidolia, the psychological ability to see the image of famous people on the surface of inanimate objects. One award-winning study, honored at the Ig Nobel ceremony earlier this month, reveals that it's completely normal to see a famous face like Jesus Christ on a slice of toast, even if you're an atheist. Metro spoke to Kang Lee, professor of Applied Psychology and Human Development at the University of Toronto, and lead author of the "Seeing Jesus on Toast" report, to find out more about seeing famous faces on toast.

What inspired you to do this study?
We actually were interested in how our beliefs and expectations, originating from the front part of our brain, affect our perception of faces, which is the function of the back part of our brain. We used the "Seeing Jesus on Toast" phenomenon to answer our scientific question.

So what did you find?
We discovered that it's completely normal for people to see nonexistent faces in everyday objects and indeed the frontal part of our brain affects how we see faces.

Why do people see Jesus on toast?

Our visual system is not like a camera that simply takes the information from the outside world. Rather, our beliefs have a powerful influence in what we see. So seeing Jesus on toast reflects the significant role that faith has in vision.

Have you ever seen the face of Jesus on a piece of toast?
Yes! And you can find lots of them on the Internet. And I'm not religious at all — I'm agnostic.

What other things can one see on a piece of toast?
You can see all sorts of faces. And not only in toast, in many everyday objects.

Are you planning to do other research related to Jesus or toast?
Yes. We are going to work to examine if somebody with a snake phobia will be more likely to see nonexistent snakes in everyday objects.

DMITRY BELYAEV, METRO WORLD NEWS

College

'Freshman 15' may be oversold

College students may not gain the much-dreaded "freshman 15" but they do gain weight during their years in school, according to a fresh look at some past research.

Young adults gained an average of about 3.5 pounds over their college careers with a relatively small gain during the first year, researchers found.

"Everyone puts so much emphasis on first year of college," said Michael Fedewa, the study's lead author from the University of Georgia in Athens.

"But what we found from this study was the change in weight and body fat during the first year continues on, and so we think that change in weight and fat is related to time more than anything else," he said in a phone call. REUTERS

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Budgeting. You don't have to break the bank to apply to colleges

With the average high school student applying to 5 or 6 schools, hefty application and test score fees can add up quickly. We've compiled some ways students and parents can save some money in what can often be a stressful and expensive time of year.

Applying online can be less expensive
Paper applications are time-consuming for all involved: Students have to organize and mail everything, and colleges often have to employ someone to manually enter all of the data into their systems. The Huffington Post reports that Smith College, Colby College and Carleton College are among the schools that don't charge application fees at all and that many colleges don't charge for online applications.

Ask if there are fee waivers available
Don't be afraid to ask if fee waivers or reductions are available. Admissions officers are used to being asked, and it won't be held against you when decision time comes around.

Find out if the school considers SAT scores optional
More and more colleges say that submitting standardized test scores is optional. It may be worth considering skipping sending your score (and saving on the processing fee in the process). Of course, some students might feel that the SATs enhance their applications and want to include them. Check with your guidance counselor about the best course of action. LAKSHMI GANDHI

Nap rooms: The latest college campus trend

Sleep. Students across the country say they need a place to rest.

There is a better option than napping at your desk. / WAVEBREAK MEDIA

College is a time filled with new experiences (and lots of schoolwork) leaving little time for students to get a good night's rest. University of Alabama researchers found that a stunning 60 percent of college students aren't getting enough sleep.

Some schools are acknowledging their sleepy students in a novel way: by creating nap rooms on campus. As part of a pilot program, the University of Michigan made room for a so-called "napping station" inside its undergraduate library earlier this year. And Virginia's James Madison University created a "Nap Nook" for students last year. Students visiting the Nap Nook can reserve a bean bag to nap on for up to 45 minutes at a time.

Even students at Harvard University have tried to get in on the action. Nearly 200 Harvard students signed a petition last year advocating for a designated nap area.

There's also an advantage to nap rooms for all of the non-nappers out there: They no longer have to tiptoe past students sleeping on desks at the library.

Quoted

"We had 2,500-plus naps recorded at the center in its first year."

Caroline Cook, research director at JMU's Sleep and Actigraphy Lab in an interview with NBC News

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Students abroad

Widener University's speciality coffee

We all know that college students love coffee. Widener University is taking that love to a new level with its Cultivation to Cup program. Inside Higher Ed reports that through a partnership with Golden Valley Farms Coffee Roasters in West Chester, the university is offering a three-credit course on sustainable development and farming.

Students who have taken the course had the opportunity to travel to Costa Rica to help harvest coffee and do research. Widener has even launched its own line of coffee, WU Brew, to help fund the class and the international travel. The speciality coffee costs $13.99 per pound, with $4.35 going to the farmers who grow it.

The university expects to send 12 more students to Costa Rica this January.

Drexel students will be studying with Carla Hall.
DISNEY ABC TELEVISION GROUP

High-profile teacher

Drexel schooled by 'Top Chef' finalist

Carla Hall, co-host of the hit daytime talk show "The Chew," made news earlier this month when she announced that she would be opening her first restaurant, Carla Hall's Southern Kitchen, this spring. Hall also announced that the new restaurant will be partnering with Drexel University's Center for Hospitality and Sport Management to help train the chefs of the future. Students in the program will help develop testing menus, analyze costs and contribute to hiring decisions.

LAKSHMI GANDHI

CHESTNUT HILL COLLEGE

AROUND HERE, GOING BACK MEANS MOVING FORWARD.

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Hacks to save on your phone bill

Budgeting. Learn how to cut costs on your wireless phone bill.

If you're unhappy with your cell phone service, now might be a good time to either renegotiate your contract or move to a new carrier. The best plan for you depends on how much data you want, whether you already own a phone and the number of users tied to your contract. Here's how to evaluate the offers:

To know what kind of a deal you're currently getting, take the last six to 12 bills from your current service and see what you really use, says Jon Colgan, who runs a service called Cellbreaker.com that helps consumers break their contracts. Ask yourself: How many minutes a month do you use the phone? How much do you text? How much data do you consume?

Pay attention to the fine print. A $100 plan doesn't necessarily mean your bill will be $100. To know what your charges will actually be, you can go to a site such as MyRatePlan.com or Whistleout.com to sort out what options you have within the parameters you've set.

Changing plans isn't always necessary, says Jeff Kagan, an Atlanta-based industry analyst. The first place to start is with your own carrier. Make a friendly phone call asking for a better deal. "Don't go in as an adversary. Go in as a partner," he says.

The typical customer can expect to see their rate drop by 20 percent to 30 percent, Kagan says. If you have a particularly poor deal for your usage pattern, like paying per text when you're a serial texter, you should be able to save far more. Make the requests annually, Kagan says, rather than waiting for the end of a contract. However sometimes it pays to wait.

Your business could be worth something to a competitor, and without penalties, moving could be in your best interest. "The ideal person to take advantage of this is someone whose commitment has ended," says Northeastern University finance professor Harlan Platt.

"There's nothing special about AT&T, Sprint, T-Mobile or Verizon," Platt says. "They provide a commodity. What consumers need to do is make those phone calls and get the bills down." REUTERS

Websites such as MyRatePlan.com and Whistleout.com can help you figure out what your monthly phone bill will really come to. / COLOURBOX

By the numbers

20-30%

The drop in users' cell phone rates that the typical customer can expect to see by breaking their plans, according to Jeff Kagan, an Atlanta-based industry analyst

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Signs the bull market could end soon

I've made millions in the stock market being both bullish and bearish, but as the longevity of this most recent bull market continues, it's difficult not to acknowledge signs that this bull market will end sooner rather than later.

No. 1: This bull market is long

We've been in this bull market for nearly double the amount of time as a normal bull market — and while it's not the longest ever, the longer it goes on, the higher the odds are that it will come to an end soon.

I held onto my first million during the 1999-2000 bubble by being cautious, unlike just about everyone else. Far too many people think they're geniuses only because of this bull market. That's dangerous, and us veterans know the stock market makes a habit out of humbling those whose egos have grown too much.

No. 2: 'Tis the season

Most of the stock market crashes in the past have happened toward late September and during the month of October, so be prepared in case history repeats itself. Historically, the best performing months are November through May. It sounds crazy, but during my 15 years in the stock market, I've definitely learned to respect this seasonality.

The good news is crashes rarely happen out of the blue — terrorism aside — so there's usually a few days or even weeks of gradual market fading leading up to big crashes. Just be on the lookout.

No. 3: Investors aren't scared

Despite market veterans like me calling for conservatism, most traders and investors forget the lessons of the past. With every new bull market, they get far too aggressive, comfortable and leveraged. The risks they take pay off during long bull markets like this, which only reinforces the wrong lessons — something they don't realize it until too late.

Take it from me, the stock market is a great place to grow your savings and possibly even get rich. But those who earn too much too fast without regard to safety get burned badly when history repeats itself time and again.

My New York Giants are looking better. No 0-6 start this year. Go Big Blue!

Michigan football coach Brady Hoke should be fired ASAP for his terrible performance. But now, much worse, he left an injured quarterback in the game. Not acceptable.

For exclusive commentary, visit **Metro.us/blogs.**

What he's into this week

1

The NFL is now in full safety mode as a result of the Ray Rice controversy. Good — in the future these animals will be punished more.

2

Even rival teams showed Derek Jeter the respect he's earned over the past two decades. Good sportsmanship.

3

Alibaba's IPO was a hypefest, and anyone who bought in the first hour of the stock's open is down 5-10 percent. Let that be a lesson to you.

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CULTURE

Twitter feed

Today, Kelly Clarkson is admitting she has a problem, Katy Perry is quite suggestible and Patton Oswalt is feeling righteous.

@kelly_clarkson Having a hard time falling asleep. Can't stop watching my baby girl sleep. I'm addicted to her.

@katyperry Does anyone else adopt the mood of the movie they see when they leave the theater... For like a solid two hours?!

@pattonoswalt Red Bull gives you wings, but coffee gives you vengeance.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

RPatz may soon no longer be an expat

Great job, Los Angeles. You went and scared off another actor. "Twilight" star Robert Pattinson is apparently checking prices on last-minute flights to London. "I think I might be done with Los Angeles. I've just realized that in the past few weeks," Pattinson tells The Independent's Radar magazine — though he might just be trying to butter up a British outlet. "I think I need to spend more time in London or just move around a bit more. I've been in LA for six or seven years or something, and it's weird. The more you stay there, especially as an actor, the more you think you need to be there, that you'll be missing out on something by leaving, but you are not, really." You see, LA? You need to stop scaring off all the sensitive British boys, or the U.K. will start sending back the celebrities it agreed to take off our hands. (Speaking of, see item No. 2!)

We imagine Pattinson having his "Um, yeah, this is kinda why I have to get out of here" revelation when this photo was snapped a few weeks ago. / GETTY IMAGES

LiLo answers the critics in London

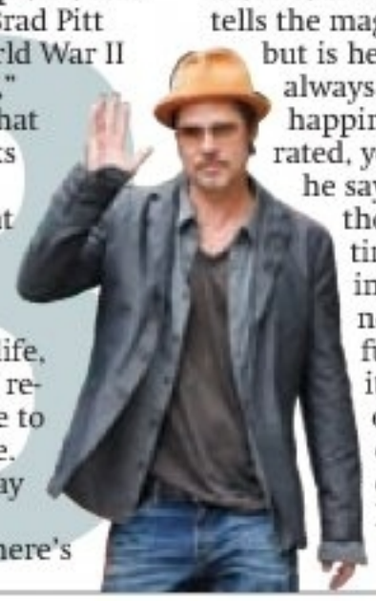
Lindsay Lohan is countering critics of her West End debut, "Speed-the-Plow," with a point that's really hard to refute: It could've been much worse. While some have focused on flubbed lines and uninvited audience laughter during her first week of previews, "It could've been a disaster — but it wasn't by far," Lohan tells the Daily Mirror. "I could've not shown up. But of course I did, it's my show. I'm doing the best I can and will for the duration."

Lindsay says, "I could've not shown up." Truth! / GETTY IMAGES

If you say so! The best part? It's a device you can employ the next time your boss is disappointed in your performance. You could've not shown up!

Brad Pitt says, 'Happiness is overrated'

It's coming up on Oscar season, and Brad Pitt has a big World War II drama, "Fury," coming out that he hopes folks will see. So naturally, that means it's time to talk to GQ about his personal life, including his recent marriage to Angelina Jolie. "I wouldn't say [marriage is] just a title. There's more to it than that," he tells the magazine. Yes, but is he happy? "I've always believed happiness is overrated, you know?" he says. "It's those difficult times that inform the next wonderful time, and it's a series of trade-offs, of events, of wins and losses."



Pitt

Ahoy, another 'Pirates' movie sets sail

It's really happening, mateys. The fifth film in the "Pirates of the Caribbean" franchise is getting under way Down Under, with preproduction starting this week on Australia's Gold Coast, according to the Daily Mail Australia. Actual filming, though, won't get underway until February 2015.

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It seems Lykke Li will 'Never Learn'

Live. Her third studio album out now, the Swedish songstress talks touring, songwriting and growing up.

Lykke Li plays tomorrow at 8:30 p.m. at Union Transfer (1026 Spring Garden St.). Visit www.utphilly.com for info. / JOSH OLINS

Lykke Li's new album, "I Never Learn" completes a truth-telling trio of albums, the last of three she was contracted to make when she signed her record deal with LL Recordings. But contracts aside, there is a deeper connection here.

"I knew that I was embarking on a journey that was going to take me three albums to complete," the 28-year-old Swedish chanteuse tells us. "But also, I made a choice early on, on my first record, to write very autobiographically about the pains and hardships of being a young woman. ... so I realized I already started making a trilogy subconsciously, and then I ended it with 'I Never Learn.'"

Although wisdom and sophistication are palpable in both of her previous efforts — 2008's "Youth Novels" and 2011's "Wounded Rhymes" — her latest is by far the most mature and comprehensive of the three. Inspired and written post-breakup, the album details the raw feelings and emotions that aren't always paired with such catchy melodies. "I let my good one down / I let my true love die / I had his heart but I broke it every time," she sings on the lead single, "No Rest for the Wicked."

Hurt, shame, sadness, guilt and longing are her specialties.

"When I write, I just write whatever I'm feeling and I try to not censor myself," she says, "as I know that the truth is the most powerful."

The woman who shuffled into our consciousness with "Dance, Dance, Dance" six years ago is all grown up.

"That's what naturally happens to you as a woman. You are someone at 21, and you're someone else at 28, hopefully," she says. "And hopefully, you've lived and learned and crashed and burned."

KASIA PILAT
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Up next

Music, modeling and mezcal?

Lykke Li's talents transcend songwriting and performing. In addition to a contract with VIVA Model Management agency, an acting gig in the 2014 Swedish crime film "Tommy" and an appearance on "The Troubles," the last song on U2's just-released "Songs of Innocence," Li also tells us that she plans to start a mezcal company. But her music is never far from her mind.

"I always want to grow as a songwriter," she says. "So whenever I'm done with a tour, I'm going to write songs."

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DOES LENA DUNHAM HAVE ANY SECRETS LEFT?

Lena Dunham tells us what she's "learned" in her new book. / AUTUMN DE WILDE

Out today. Peek inside the new book by the "Girls" creator to see if it's worth the read.

We're used to Lena Dunham baring it all. In interviews, on Twitter or on "Girls," nothing seems to be too private for the 28-year-old to reveal. She hasn't been "famous" for very long, but so much has been said about her that it's difficult to imagine anything new emerging. Well, think again.

"Not That Kind Of Girl: A Young Woman Tells You What She's 'Learned'" is Lena Dunham's new book of personal essays, and it's surprisingly, well, full of surprises. She addresses all the topics you not only expect but want her to (sex, getting naked on camera, friendship, body image and work) but in a way she hasn't talked about in such length before. Here, we pull some of our favorite words of wisdom and revelations.

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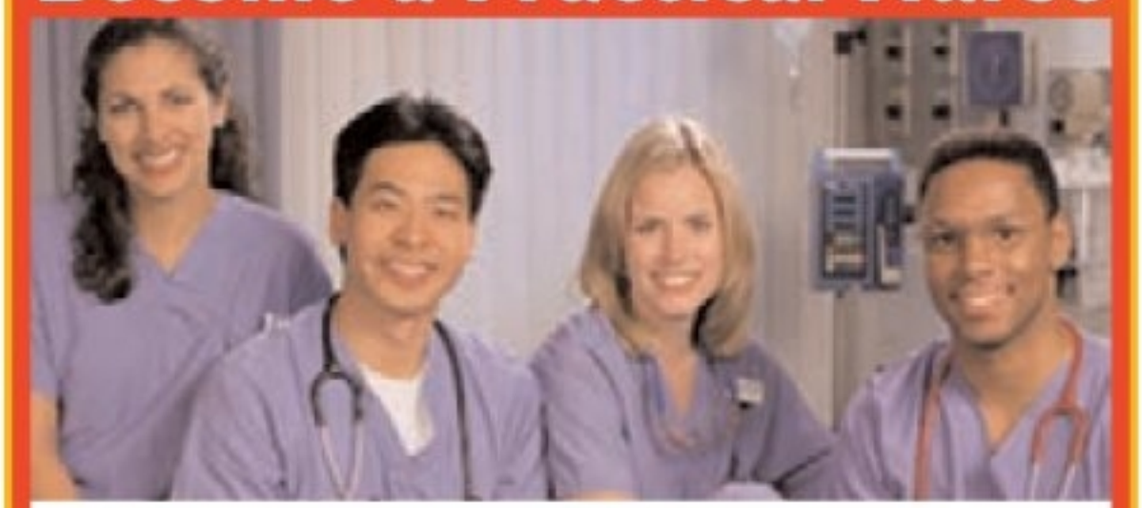

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(But, remember, he wasn't always an old ugly man - once, he was just ugly)

On dating jerks

"When someone shows you how little you mean to them and you keep coming back for more, before you know it, you start to mean less to yourself. … Being treated like s— is not an amusing game or a transgressive intellectual experiment. It's something you accept, condone and learn to believe you deserve."

What nude scenes are really like to film

"It's f—ing weird. Yes, it's a job, but most people's jobs don't consist of slamming your vagina against the flaccid, nylon-wrapped penis of a guy wearing massive amounts of foundation to conceal his assne."

Why she tried veganism

"While my veganism began as a deeply felt moral position, it soon morphed into a not-very-effective eating disorder. I never thought of it as a diet, but it was a way to limit the vast world of food that I had once loved so dearly."

On growing up

"I thought I would marry my boyfriend and grow old and sick of him. I thought I would keep my friends, and we'd make different, new memories. None of that happened. Better things happened. Then why am I so sad?"

How she feels about having kids

"It's time to get started now. And why not? I wonder. I have a job. I am in love. We have an extra bedroom that we are currently using for shoes, boxes and occasional guests. I am told my dog is unusually good with children. I already look f—ing pregnant. … But I resent them. They're constancy, their intrusion on my relationship and free time and my naps and my imagination and my heart. They've come too soon, and I can't do any of what I had planned. All I can do is survive."

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On the boyfriend

Man of mystery

Dunham only mentions her boyfriend Jack Antonoff — Fun.'s lead guitarist — in her book twice. The first is when she tells him about a traumatic sexual experience from her past. His response is both endearingly sweet and too graphic to print here. The other is when she mentions that they've envisioned having kids together. And that's it for Antonoff.

TV watch list

JOHN CHO IS REALLY PULLING OFF THE BOW TIE LOOK ON "SELFIE."
ABC/ERIC MCCANDLESS

COMEDY

'Selfie'

This modern day take on the "My Fair Lady" story stars John Cho in the Henry Higgins role.
SERIES PREMIERE, 8 P.M., ABC

REALITY

'Utopia'

Do you like reality shows, but wish they'd never end? If so, you should be watching this one — a year-round effort to create a new society, but with a "Survivor" vibe. **8 P.M., FOX**
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In addition to having no synch sound, Soderbergh's "Raiders" recut is also in black and white. / PROVIDED

SODERBERGH MADE 'RAIDERS OF THE LOST ARK' A SILENT FILM

'Raiders'

Steven Soderbergh retired from movies last year, but he's rarely been busier. The director is killing it on "The Knick," his Cinemax show about an old-timey NYC hospital. And then last week he surprised the Internet by unleashing, on his personal site, a redo of "Raiders of the Lost Ark," which takes Steven Spielberg's Indiana Jones romp and strips it of its soundtrack. (Check it out here: Extension765.com/sdr/18-raiders.) Soderbergh wants viewers to ignore the dialogue and focus entirely on the imagery. Chiefly, he wants you to think about the selection of shots: why each one is there, how they convey narrative information, how the cuts create a visual rhythm. In fact, not only has he made "Raiders" a silent film; he's made it black and white, just so it seems even more alien. Because he chose one of the 10 or so most popular films ever to make his point, there's even a chance more than just nerds might take note.

STREAM THIS

Matt Prigge's guide to what you can watch on the Internet.

MATT PRIGGE
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matt.prigge@metro.us

On Netflix Instant

'The Double'

HERE'S ONE OF THE TWO JESSE EISENBERGS (WITH MIA WASIKOWSKA) IN "THE DOUBLE." / MAGNOLIA PICTURES

Speaking of visually stunning works, the second film by Richard Ayoade — best known as the afro'd Maurice Moss on "The IT Crowd" — is a grimy eyesore. Loosely based on the novel by Fyodor Dostoevsky, it depicts the grungy purgatory of a shy clerk (Jesse Eisenberg) who suddenly finds himself working with a more charismatic, possibly evil doppelganger (also Eisenberg). Ayoade has obviously watched "Brazil" a lot, but its retro future is uniquely grungy, while Ayoade's camera delights in shifting at odd moments, just to throw us off.

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European vacation: Does it make more sense to cruise or fly?

Trip. Weigh your options of how best to see Europe — by land or by sea.

Octopuses hang on a boat in Mykonos, Greece. ERIKA STUDER

Is taking to the seas the best way to explore Europe? We look at the pros and cons of boarding a cruise ship.

Three reasons to cruise Europe

City-hopping: If you want to pack in as much as possible, you can't beat waking up every morning in a different country. Many cruises are 10 to 14 days; you'll cover a lot of ground and the ship's staff helps plan the best way to sightsee.

It's all-inclusive: Being able to get comfortable in one hotel room for an entire trip certainly makes travel easier — and so does having food, a pool, a gym, a spa and a casino on-site.

Water views: For some places, such as the Stockholm archipelago, the views from the sea are unmatched.

Three reasons to travel by land

You're undeniably a tourist: If you hate looking like a tourist and only hitting up touristy spots, don't take a cruise. Flying to a city instead of stopping there on a cruise allows you to get to know it and possibly meet some locals.

The ports: Say you're taking a Baltic Sea cruise, and the itinerary includes Berlin. But the port is actually in Warnemunde, almost two hours by train. Think you're going to Rome? If you're traveling on Royal Caribbean, Carnival or Norwegian, the ships dock in Civitavecchia, almost an hour from the city of seven hills.

Food frustration: Eating house-made pasta in Italy and freshly caught octopus in Greece are almost impossible to do with the brief time you're allotted onshore. And the food on the ship, while copious, is not the world-class cuisine you could be ordering in a world-class city.

EVAN MACY AND ERIKA STUDER
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A new twist on an old classic

Actor turned author. Oscar-winner Emma Thompson has written her third Peter Rabbit story.

Emma Thompson has done her fair share of children's storytelling through film. Now, she's exploring that passion through children's books. Thompson's latest project has been expanding Beatrix Potter's beloved Peter Rabbit stories. She started writing the stories a few years ago (they're "inspired by" the original stories), and her latest effort, "The Spectacular Tale of Peter Rabbit," comes out Tuesday. In it, Peter and Benjamin Bunny take a trip to the fair, with plenty of hijinks ensuing. Thompson took some time to share a few thoughts about the world of Peter Rabbit.

Children have long loved Emma Thompson's movies. Now, they can enjoy her stories. / NICK HADDOW

Why she likes the Peter Rabbit series

"I like his flawed qualities. I mean, he's naughty, but within reason, and it's the way in which he learns things. It's so enchanting. There's just nothing twee or whimsical about Peter Rabbit or any of those books. The writing is so beautiful and specific and muscular and full of fantastic words. I learned so much from it when I was growing up."

On why people write children's literature

"It seems to me, not to be too psychoanalytical about it, that many great children's writers write things for the age that they were when they were wounded. It's a form of self-soothing and because it's absolutely necessary. Nobody writes unless they have to, because it's so hard to get it right. You have to address the part inside you that most needs to be heard."

Why she decided to write the books

"It's a continuation of [Potter]'s spirit, I suppose, in some way, but it's really for Peter. He was the one who wrote to me. He wrote me a letter saying, 'Will you please write me another tale?' I'd never have done it if I'd been asked in a less imaginative way. And I thought, why not have a go."

LISA WEIDENFELD
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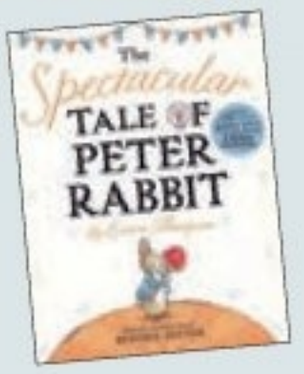
Expert advice



What makes a great kids' book

"A willingness to entertain the darkness in life. Obviously without making it too dark or too unpalatable, too close to what inevitably will be found out later in life. ... There are fears and there are dangers that we all have to face. And I think [Potter] is absolutely wonderful at writing about that without scaring us too much, but just enough to make it completely delicious."

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How to ace your interview for private school

Application process. Student can prep by researching what they'll be asked.

Getting ready for a private school interview can be daunting for many, most of whom might never have been in an interview situation before. We've compiled some common questions students can expect and how parents can help them put their best foot forward.

What does your student bring to the table?

An independent school interview is really not the time to be modest. The primary goal of an interview, after all, is so that school administrators can get a sense of how new students will fit into the campus's unique culture.

According to the website of the Gordon School, an independent school in Rhode Island, questions prospective students can expect include discussions of their interests inside and outside of the classroom. Popular questions include "What academic classes are your favorite and why?" "Do you hold a leadership position at your school?" and "Are you involved with sports?"

It's important for students to give a window into their other interests. Questions like "What did you do this past summer?" and "Do you read outside of school? If so, what types of books do you like?" provide an opportunity to show off personality.

Be prepared for some curve balls

The Boston Private School Search blog notes that admissions officials like to get a little creative with their questions. "What would you change about your current school?" is a popular question, as are questions like "Who are your heroes?" and "If you could have dinner with any three people (dead or alive), who would they be and what would you ask them?"

Students should be prepared to talk about their interests inside and outside of school. / CREATAS

Know yourself

Think about strengths and weaknesses

As with any interview, students are most likely going to be asked about their likes and dislikes, as well as their strengths and weaknesses. Was there a semester where they struggled a bit academically? They should practice a way to explain it that doesn't blame anyone or make excuses.

Other popular questions are "Did you ever have trouble communicating with a teacher or coach? If so, what did you do?" and "Have you ever gotten a grade you did not think you deserved, and what did you do?"

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PLUS

End of the interview

Do you have any questions for me?

At the end of the interview, students will likely get a chance to ask questions about the school. This is the perfect time to ask about extracurriculars and sports teams they might be interested in. Another way to show interest is by asking if they can shadow classes for a day or what colleges the most recently graduated class ended up being accepted to.

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Support. Scholarships are available to Philly students seeking ways to pay for school

Many parents may not know that there are scholarships and other resources available for families who enroll their children in independent schools. We've compiled a brief list of some of the resources available to Philadelphia-area students.

Scholarships are out there if you know where to look. / MONKEY BUSINESS

Children's Scholarship Fund of Philadelphia

The CSFP says its mission is "to provide children from low-income Philadelphia families with financial access to quality, safe, K-8th grade, tuition-based schools."

All of the fund's need-based scholarships are given to low-income Philadelphia students who are selected through a lottery.

For more information, visit www.csfphiladelphia.org.

BLOCS

Short for the Business Leadership Organized for Catholic Schools, BLOCS gives thousands of need-based scholarships to students attending Catholic schools within the Archdiosese of Philadelphia each year. In 2014, the group provided more than 5,500 scholarships to students in the city.

Interested in learning more? Visit www.blocs.org.

Steppingstone Scholars

Through its programs, Steppingstone says its mission is to help Philadelphia students prepare and gain admission to the top public, independent and boarding schools in the country. Its staff provides students with academic support and mentoring programs.

For more information, head to www.steppingstonescholars.org.

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Considering an independent school for your child? Remember to ask these questions. / DIGITAL VISION

5 Questions to ask during a school visit

Visiting campuses. Here's some important information every family should consider.

It can be hard to know what to look for when searching for a new school for your child. Parents considering several different schools can easily get overwhelmed. To keep an accurate record of all of the answers, it may be worthwhile to keep a journal of all of your school visits with your observations and notes.

Here are some questions every parent should ask while looking at programs for their kids.

How big will my child's classes be?

1 One reason many families find private schools appealing is because of the smaller class sizes. What is the student to teacher ratio at the schools you are considering for your child? The National Association of Independent Schools notes that parents of elementary school-age children should also ask how many teachers will be in the room.

After-school

What kinds of extracurricular activities does your school offer?

2 Is your child an athlete or a gifted musician? Find out what sort of resources the school devotes to your child's interests. Also, as more and more colleges look for students with leadership experience, it's worth discussing the types of community service and other programs.

How much homework do teachers assign?

3 Any parent of a grade schooler knows that hours of homework a night has become the norm at many schools. As you visit different campuses, it's fair to ask what the school's philosophy toward homework is.

How accessible are my child's teachers?

4 Note how often each school has parent-teacher conferences and other events for families. Many schools also provide parents with the email addresses and cell phone numbers of faculty in case a student or parent has any questions or concerns.

Do students seem to be content and engaged?

5 This is a question that only you can answer. What is your impression of the school? Do you know any other parents who send their children there that you can talk to? And, most importantly, do you see your child being happy and academically challenged there?

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School turns garden into a classroom

Environmentalism. Kids get a hands-on education about their food.

Teaching students about how to care for the environment is a priority at many schools across the country. At ITB Learning & Educational Services in Wynnewood, teachers are leading students through the school's new Green Curriculum, which focuses on topics including sustainability and farming.

A key part of the program incorporates the school's gardens. At the fruit and vegetable garden, students learn how to cultivate broccoli, watermelon and apples, among other fruits and vegetables. The rules of composting and recycling are also covered.

Wildlife

Host to butterflies

ITB's grounds are also unique because they host a butterfly garden for area wildlife.

The 150-foot garden is home to more than 100 types of plants, all of which produce large amounts of nectar. The area was designed to attract butterflies, bees and several species of birds.

Students reportedly also found a toad in the garden on the first day of school.

A glimpse inside the fruit and vegetable garden

PROVIDED

"The students explore and care for the garden as well as pick fresh fruits and veggies we grow to gain an understanding and appreciation for food," writes teacher Mindy Paul in a history of the program.

The gardens are maintained through a partnership with the green design company Potted Perfection and the Horticultural Center, with staff members frequently visiting to maintain the grounds.

As students work their way through the curriculum, they will also learn about more complex topics such as the basics of urban design. As part of the program, the school also notes that it has planted more than 15 trees in the last two years.

Quoted

"The students explore and care for the garden as well as pick fresh fruits and veggies we grow to gain an understanding and appreciation for food." Paul

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Horoscope

♎ Libra | Sept. 23-Oct. 22. Meet up with someone you want to get to know better. Prepare to make big changes. It's likely you will be recommended for a promotion.

♏ Scorpio | Oct. 23-Nov. 21. You will come out on top if challenged. Not only will you be able to think fast, you will play a critical role in helping someone with a problem.

♐ Sagittarius | Nov. 22-Dec. 21. Engage in a heart-to-heart talk with someone you have an issue with. Be direct to avoid confusion.

♑ Capricorn | Dec. 22-Jan. 20. Persuasiveness will evade you today. Refrain from initiating a partnership. Equality will be difficult to maintain.

♒ Aquarius | Jan. 21-Feb. 18. Don't engage in discussions regarding assets. Your wit will be entertainment enough. Someone influential will have an effect on your future.

♓ Pisces | Feb. 19-March 20. Go to great lengths to avoid disputes among your peers. You will ruin a chance for advancement if you take sides.

♈ Aries | March 21-April 20. An offhand remark will strain a relationship. Physical activity will keep you out of trouble. Unexpected delays will turn a happy experience into a headache.

♉ Taurus | April 21-May 21. Lending money or picking up the tab will not impress anyone. Pitfalls lie ahead if you fall prey to a scam artist.

♊ Gemini | May 22-June 20. Your best option will be listening to what's actually going on around you. Once you have information, you can make a choice.

♋ Cancer | June 21-July 22. If you pace your actions, you will get a lot done. Don't hesitate to delegate tasks if you think you are falling behind. A solid effort will help to clinch the deal.

♌ Leo | July 23-Aug. 22. You will have the power of persuasion, and a beneficial partnership is on the horizon. Keep some details secret.

♍ Virgo | Aug. 23-Sept. 22. Remove yourself from the bustle of routines, and put your worries aside. A day of relaxation will boost your spirits. EUGENIA LAST

Sudoku: Easy and hard

					6	1	7	8
7			3			4		5
	1		7	5				
						7	8	
2	8						3	6
	3	1						
				4	8		6	
9		8			7			4
3	4	2	9					

5	9				4			6
	7	1		6			8	
			7		8	3		
				4	9		6	
	1						4	
	4		6	1				
		2	3		6			
	3			2		1	9	
9			4				3	2

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Climate change is a natural cycle for Earth

Yes, there is climate change, global warming, global cooling or whatever they're calling it this week. It's called, in layman's terms, natural cycles. Since the Earth is not in a circular orbit around the sun, the distance changes cause climate changes. This has been so since the beginning of time, and when there were no man-made industries to influence nature. You should be thankful for this, because otherwise, North America would still be under a glacier and we would not be here to enjoy life as we do.
GORDON BROWN, VIA EMAIL

Traffic not an 'I will if you will' issue

Re: 'Pedestrians should follow the law before getting angry at cyclists' (Metro, Sept. 29) People who complain about cyclists are not trying to compare pedestrians' behavior. They are complaining about cyclists' reckless endangerment of both pedestrians and drivers. Comparing pedestrians' behavior with cyclists is like saying that you shouldn't stop robbing people because there are people who commit fraud.
ELIZABETH HENDERSON, VIA EMAIL

letters@metro.us

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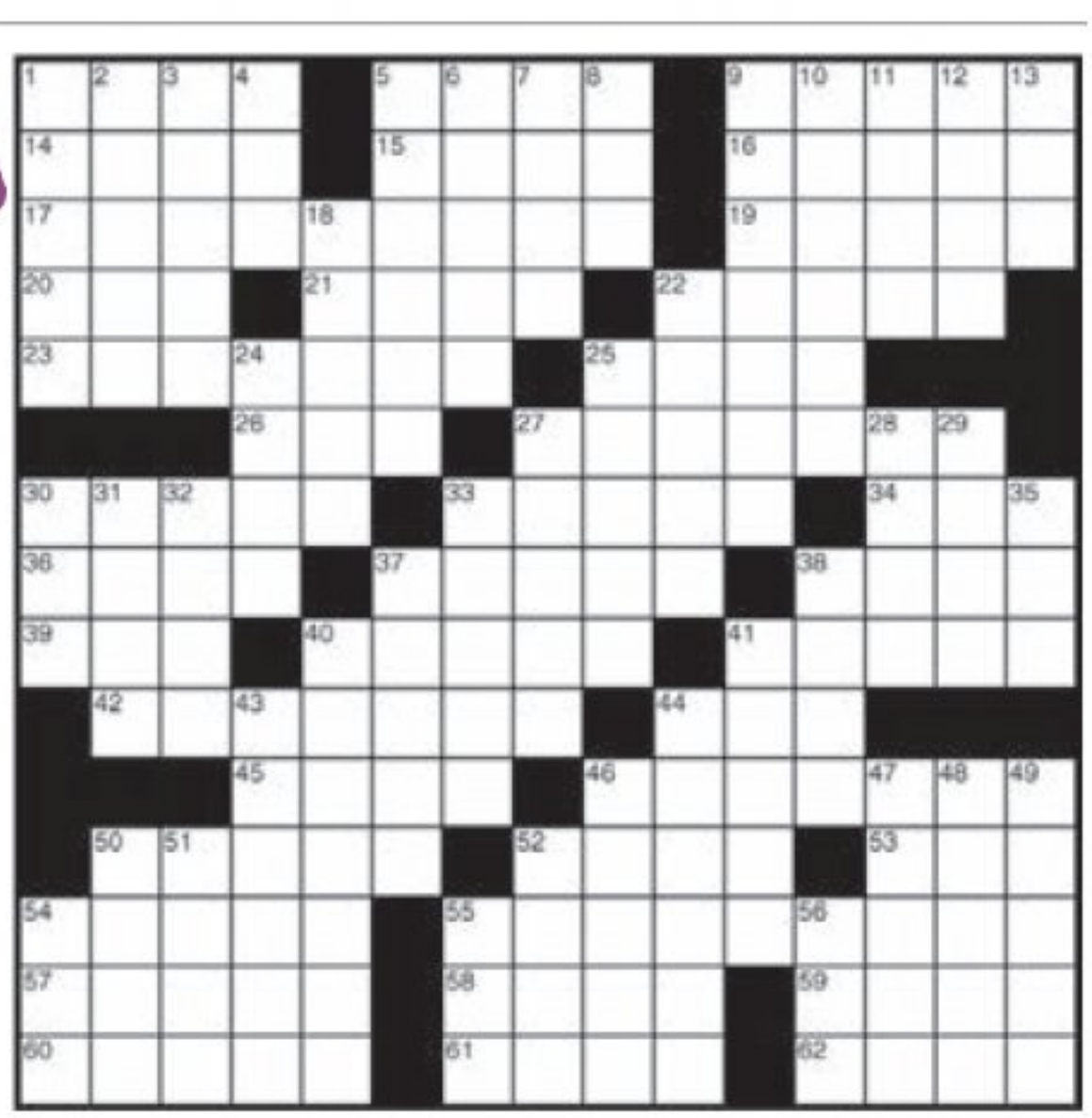
Crossword

Across
1 "Star Trek" speed
5 Aarhus resident
9 Hobby knife (hyph.)
14 Wild disorder
15 Flush with
16 Broadcast again
17 Blockades
19 Come to terms
20 Born as
21 Dry as dust
22 "Broom Hilda" cartoonist
23 Swept away
25 Spunky movie princess
26 Visualize
27 River bed
30 Fishtails
33 Street lingo
34 Sentimental drivel
36 Difficult
37 Fewest
38 Hamster's digs
39 Lay low
40 Letter turner
41 Type of vinegar
42 Go nuts (2 wds.)
44 Legume
45 Disney CEO
46 Tuneful
50 — -de-lis
52 Beach scavenger
53 Coronado's quest
54 Express in words
55 Tedious
57 Brings on board
58 Well-grounded
59 Antler prong
60 Sumptuous repast
61 Part of MIT
62 Take advice

Down
1 Brown songbirds
2 "La Dolce Vita" actress
3 Like a judge
4 "Harper Valley —"
5 Longitude unit
6 Steer clear of
7 More than want
8 Naval off.
9 Radiology job (hyph.)
10 Cyclades locale
11 Singer Vikki —
12 Deadlocks
13 Vein contents
18 Road rallies
22 Was sincere
24 Pre-owned
25 Buddhist sacred city
27 Rattle
28 Hoople cry
29 Mezzanine
30 Library caution
31 Cougar's home
32 Karachi language
33 Hombre's address
35 Not 'neath
37 Weaker, as an excuse
38 Ta-ta in Turin
40 Foggiest
41 Quartet member
43 Reunion attendees
44 BB shot
46 Short-lived leptons
47 Herd orphan
48 Castle that danced
49 In secret writing
50 Pate de — gras
51 Milan money, once
52 Part of GTO
54 TV range
55 Air-pump meas.
56 Utmost

Yesterday's answer



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MCCOY IS PAST HIS PRIME

The self-proclaimed best running back in the NFL was 54 inches from an improbable victory with two minutes left when something very strange happened on Sunday afternoon in San Francisco. LeSean McCoy didn't touch the ball, and the Eagles lost their first game of the season.

With the outcome hanging in the balance, how could coach Chip Kelly ignore a player who just a few weeks ago was boasting about a 2,000-yard season? Were two throws into the end zone by a struggling Nick Foles a better option than McCoy? Is it possible that McCoy, at 26, has a mouth that now moves faster than his legs?

It is a sacrilege to say so, but still it must be said. McCoy is not the runner he has been over the past five years, and this sad reality cost the Eagles a game on Sunday. After a combined 1,501 runs and catches in his NFL career, he has lost a step. Even the very best running backs cannot elude the passage of time.

The voice of Philly sports

ANGELO CATALDI

SPORTS@METRO.US

Visit **Metro.us** to delve into Cataldi's mind with "Idle Thoughts."

Of course, after the game — and again yesterday on my WIP radio show — Kelly remained loyal to McCoy, blaming the runner's 2.7-yard-per-carry average on a depleted offensive line. To an extent, that excuse is valid, but the coach's play-calls carried more weight than his words. And what Kelly concluded during the break at the two-minute warning was that McCoy couldn't get him 54 inches.

Let the profound nature of that fact sink in for a second. The Eagles needed to break one tackle, to slip through one crack in the 49ers' front defensive line, and Kelly didn't have faith that McCoy could do it. The most innovative mind in football opted for two uncreative plays by a skittish quarterback rather than handing the ball to McCoy.

All around, it was not a good day for McCoy. During the game, lineman Jason Peters was seen trying to console him as the frustration continued to build, and afterward the running back said he would talk about anything but his running — which is one way to end any conversation very quickly.

McCoy has rushed for under 200 total yards in four games. / GETTY IMAGES

The Eagles are facing a flood of issues right now, including the health of the offensive line, the struggles of the defensive secondary and the team's chronic slow starts. Still, McCoy's stunning drop from an amazing 5.1 yards per carry in 2013 is emerging as the story of the season. He is currently ranked 45th among NFL running backs — down from No. 1 a year ago. Those numbers don't lie.

But players often do, especially to themselves. McCoy prefers to believe that he is merely the victim of losing Jason Kelce and Evan Mathis to serious injuries, not his own inevitable decline. Brian Westbrook started his fade at 28, Wilbert Montgomery at 27. You can look it up. Those numbers don't lie, either.

Ultimately, the Eagles will survive the disappointment of their first loss, and McCoy will perform more effectively in the weeks ahead. But the story of Sunday's game will persist.

3 SPORTS

Happy trails

Twins fire manager

The second-longest tenured manager in MLB is no more. The Twins fired manager Ron Gardenhire after 13 seasons on Monday. The Twins haven't been to the postseason the past four seasons after Gardenhire led them to October six times in his first nine seasons. He had just a 6-21 postseason record, though. The Angels' Mike Scioscia is MLB's longest-tenured manager.

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Johnson's return in Week 5 offers relief

NFL. Reinforcements are coming for the Eagles' battered offensive line.

Johnson was the Eagles' fourth overall pick in 2013. / GETTY IMAGES

Whether or not the Eagles' offensive line is the root cause of their lackluster running game, it has certainly held LeSean McCoy and Darren Sproles back.

The team has been gaining less and less on the ground concurrently with offensive linemen getting injured left and right.

But next Sunday against the Rams, the Eagles line will take its first step toward getting healthy again when Lane Johnson suits up for the first time after serving a four-game drug related suspension.

However, the question persists, will his presence help? And is he ready to go after sitting out for four weeks?

"We haven't seen him for a month," Chip Kelly said in his Monday press conference. "He told me he was at API [Athletes' Performance Institute] in Dallas working out, and there were some other players there. You know, he looked good, so it's just the unknown."

Running away

87

The Eagles have averaged 87 yards rushing per game over their first four games, placing them 26th out of 30 NFL teams. Last season they were No. 1 in the NFL with 160.4, over 16 yards more than the closest team.

The Birds lost Jason Kelce, Evan Mathis and Allen Barbre in early weeks, and were able to get Matt Tobin back to play alongside Dennis Kelly and Jason Molk in a loss to the 49ers.

The only returning starter to play all four weeks so far is Jason Peters.

So it seems critical that Johnson step in and pick up where he left off last year, when the Eagles sent the same five guys to the line every game (and propelled LeSean McCoy to his best season ever).

"We haven't seen him in four weeks," Kelly said of Johnson, "so where is he at and what's his — how does he process things, how quickly does he get back into the swing of things, where is he from a health standpoint?"

There is still a lot to be determined, and figuring out who to shift to make room for Johnson is a key part of how the Eagles will prepare for the Rams.

"We're going to look at everything now," Kelly said. "We'll sit down as a staff. We watched the game again this morning and just went through our corrections from what we've got to do in correcting the mistakes we made up there."

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MLB. Run support for Hamels could have made the difference

The Phillies seemed inept at providing Cole Hamels with any run support this season. The ace hurler finished the forgettable 2014 campaign 9-9, despite a sparkling 2.46 ERA. Hamels is the first starter to finish with an ERA under 2.50, his career best, with a non-winning record.

Give Hamels credit for keeping his chin up despite pitching well enough to win nearly 20 games this season, but he failed to secure double-digit victories. The lefty will remain in red pinstripes for the foreseeable future, as his recent contract extension keeps him here for years to come. Perhaps he is nostalgic for the unbridled joy he experienced from 2007 through 2011, which peaked six years ago next month when the franchise won its second World Series title in its mostly moribund history.

"I'll never forget that," Hamels said. "It was amazing."

You would never guess it by his record but Hamels had his finest season of his enviable career.

"You look at that record and the lack of run support he got and I look at that as wasted opportunities for wins," Ryne Sandberg said.

Looking at the numbers, even with missing the first month of the season, Hamels' pitched well enough to win nine more games with an average offense. That brings the win total for the club to 82 wins and wild card contention.

With Hamels likely to return, the Phillies will do their best to avoid leaving him out to dry, as they did so often in their recent 73-89 campaign.

"That's something that's got to turn sometime," Sandberg said. "I think it's about addressing the offense, addressing the potential guys in the offense, in the offseason.

ED CONDRAN

Hamels threw six innings in the Phils' combined no-no. / GETTY IMAGES

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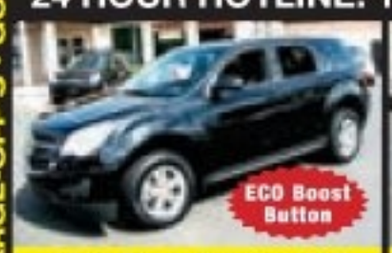

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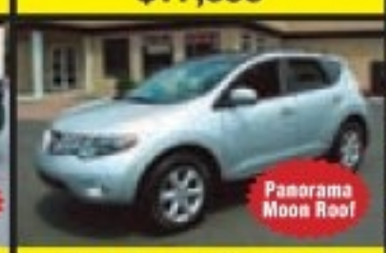

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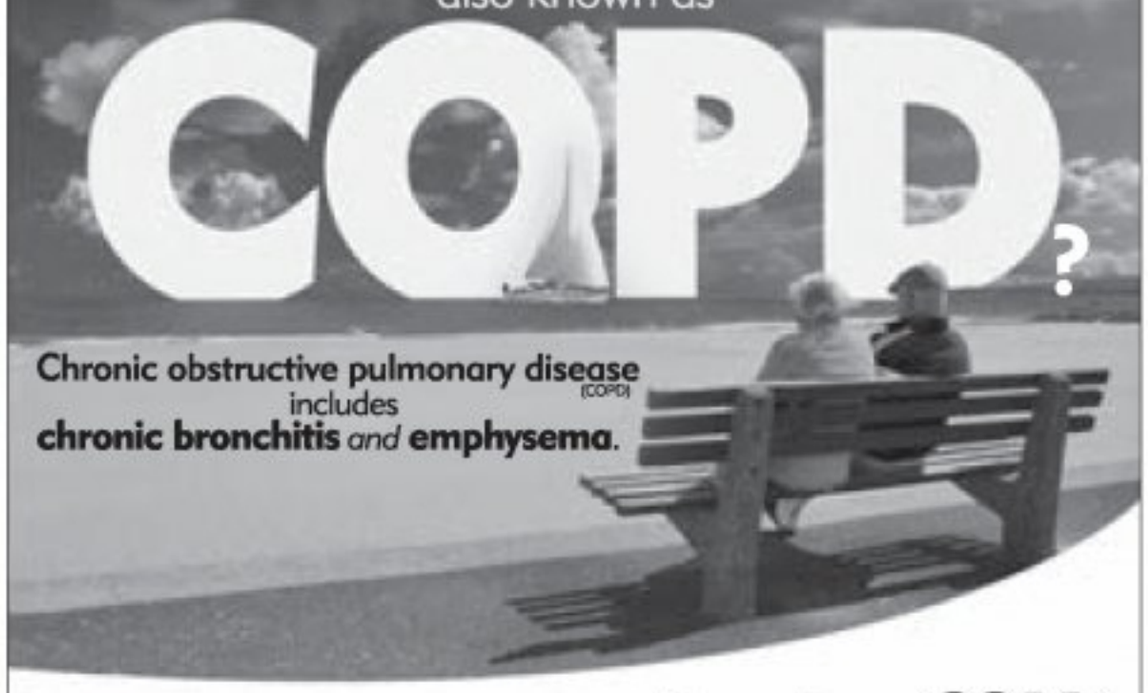

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- Be willing to attend frequent site visits and phone contacts

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A Petition has been filed with the Orphan's Court Division of Northumberland County, asking the Court to put an end to all rights you have to your child, Abigail Cerrone, date of birth December 14, 2012. The Court has set a hearing to consider ending your rights to your child. That hearing will be held in the Northumberland County Courthouse, Market Street, Sunbury, Pennsylvania, on October 8, 2014 at 9:15 a.m. You are warned that even if you fail to appear at the scheduled hearing, the hearing will go on without you and your rights to your child may be ended by the Court without your being present. You have a right to be represented at this hearing by a lawyer. You should take this paper to your lawyer at once. If you do not have a lawyer or cannot afford one, go to or telephone the office set forth below to find out where you can get legal help.

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